

Living with Jesus Christ and God

Christopher Liam Rose Journal 2016 -2017

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JOURNAL 2016 - DAY 1 - 29/07/2016 (IN JESUS' NAME)

Today I spoke to a friend about my life experiences and the problems I have been through in this life. It was a very passionate conversation, and I was trying to stress the importance of helping other people. My friend wasn't listening and she kept on telling me 'Oh we all go through life experiences, life goes on'. It is so difficult trying to get people to understand what I am talking about.

The Bible says:

Philippians 2-3/4

"Do nothing out of selfish ambition or vain conceit",
Rather in humility values others above yourselves. "Not
looking to your own interest but each of you to the
interests of the others.

So, you see in the word of God you must value other people over yourselves. It is so important to help other people because we must love each other, care for each other, respect each other, and show empathy towards each other. It is part of our purpose as people to love one another.

Today in the world you see some selfish people only thinking about themselves and their desires.

I believe when you help other people be more loving, kind, and compassionate towards other people, you will find true meaning, happiness, joy, success, and fulfilment.

The main reason why people don't realise this is because of two main problems:

- 1) Money - Everyday people chase after money. Every day people get up and the first thing on their minds is how much money they can earn. It is crazy when you look at society and everyone is running, like a rat in a cage chasing the cheese. The cheese is money. It is one of the biggest problems in society.
- 2) Self - My selfish ambitions and selfish desires. They are always after what they want, what they need. Everything is focused on what they want. Selfish people.

This is the biggest problem in the world we are facing today. Selfishness. Selfish people everywhere around the world.

My main purpose is to try to help other people gain knowledge, wisdom, and understanding by comprehending the word of God and having personal life experiences.

The essence of all my writing is to help other people understand. It is all about helping other people.

Helping other people is the most important life lesson you can learn in this life. Caring for someone other than yourself.

It is very important to be kind and care for someone else. Everyone's life is led by trying to help other people, but people lack knowledge and understanding.

The most important lesson I learned was you cannot change people. You cannot change what people are thinking. No matter how passionate, loving, caring, and kind you are, you can't change someone's thinking process.

When you are anointed to Jesus Christ, you think completely differently to help other people.

The one thing I can say with confidence is that you don't think about money. The focus is that you think about helping other people.

JOURNAL 2016 - DAY 2 - 03/08/2016 (IN JESUS'
NAME)

Today I was at home, and I realised something so important: the power of reading. There is a lot of hidden knowledge and wisdom in books. Most life secrets are hidden in writing.

I realised today that if you're going to be a person who is living with Jesus Christ, you must read books. There are two types of books that provide lots of information: the Holy Bible and spiritual books.

You can learn so much by reading, and you may discover things you didn't know.

Reading is very important - knowledge is power - but knowledge is limited without experience.

The reason why a lot of people are making mistakes in life is that they don't have the knowledge and lack understanding.

You see it in society every day; people chase money or material things which don't matter.

The most important thing I have realised through reading is the power of silence.

Today people are making lots of noise and everyone seems to be so busy living their life that they forget to be quiet.

When you are quiet that is when God can speak to you. It is when the mind is quiet and not full of noise that you can build a deep connection with God.

Prayer and meditation have become important. In both prayer and meditation, you are building your relationship with God.

Life is amazing and full of happiness, joy, success, prosperity, riches, and abundance.

I believe you achieve all these things when you start loving God. Be grateful for each day you live.

The main thing is that you achieve all these things when you start helping other people.

Helping other people, helping animals, and helping the universe, are the most important things to remember.

You do all these things because you love them. Love is the most important thing in this universe.

John 3.16

For God so loved the world, that he gave his only son, that whoever believe in him should not perish but have eternal life

You see, in the Bible, God loved the world so he gave his only son to save us from our sins.

You see in this life people don't understand faith and being spiritual. When you're a person who has faith, your whole life changes.

You start to see God and all His mercy and kindness in your life.

The truth becomes the only thing that matters to you.

A lot of people will keep on making mistakes because they don't have faith and the most important thing is they don't believe in God.

I am very sure that everything happens for a reason. When all our life experiences are met, we become more like Christ.

This is our purpose: we are meant to be more loving, kind, and forgiving. But in this world, people don't understand what it takes.

Reading is very important. I will be honest; I was never a reader until I went through certain life experiences. I started to realise all my problems, anxieties, worries, and fears have already been taken care of because of what Jesus Christ did on the cross. Jesus Christ sacrificed himself to give us salvation.

Yes, we all need salvation, and we all need to repent and turn away from sins.

Romans 6.23

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our lord

You see when you keep doing the sinful, you are going to pay the ultimate price, which is death.

It is so important to have faith and to be a Christian. Everything that I know has come from real-life experiences and wisdom.

Proverbs 1.7

The fear of the Lord is the beginning of knowledge, fools despise wisdom and instructions

As you can see from this scripture, when you fear the Lord, you gain knowledge.

But a lot of people don't fear the Lord, so they lack knowledge and understanding.

When you are a Christian in faith, you don't do what everyone else is doing.

Because you understand that it is wrong, and it is not pleasing to God.

The reason why you understand is that you have been reading.

Today I have learned an important lesson and I will share what I learn as the days go by.

Read books - Very important

The reason why people don't know what I am talking about is a lack of understanding.

I learned a really important lesson today. Any problems that we face can be taken care of with silence.

Yes, silence. Going back into that quiet space inside of you. Praying and meditating to God. Because it is all part of your life journey.

Silence - Prayer - Meditation - Very important

There has been a change in my spirit for some time. I call it the calling (anointing) of God.

Romans 11.29

For the gifts and the calling of God are irrevocable

This has been something as time goes on, I am very sure about.

When God calls you, you will know by your spirit.

The one thing when you call is you have moments. These calls are not every day; they are at certain times.

There've been many callings in my life but today I realise the importance of reading the Holy Bible.

Now, everything that I went through is starting to make sense. You must respect your calling.

This calling can come by being alone, through prayer, and by talking to other people.

There are moments in life that you must honour.

It is very important to pay attention to your calling because it will change your life.

Ephesians 4.1

I therefore a prisoner for the lord, urge you to walk in a manner worthy of the calling to which you have been called

One thing about your calling is that you need patience and time. Sometimes life will lead you in the direction you need to go - through the spirit.

It is always an honour to walk in worthy of your calling. It takes time to realise what you are meant to be doing.

Giving yourself time is very important and don't be hard on yourself.

You will know when the time is right for you to be involved in ministry. Patience is a very important part of spiritual growth.

It takes time to find your purpose in life. The main life purpose we all need to desire is to reach with a passion. Yes, passion is part of your calling. You need to be passionate if you're going to be with Jesus Christ.

The important thing to remember is

- Helping Other People

This is our main focus as people in Christ: we think about other people and preach the gospel of Jesus Christ.

My day has not yet come when I would start my ministry but I press on to do it with a PASSION.

I will one day preach the gospel of Jesus Christ. I believe it is part of my calling.

But with patience, because I still need time to develop and grow in the word of God.

I am not going to say I have reached perfection, but I press on to obtain what is right in the name of Jesus Christ.

It takes a strong person and a lot of sacrifices to walk with Jesus Christ before you can minister to other people.

One desire when you are a person with Christ is that you have certain desires and passions.

You want to make the world a better place. That is why we call this type of person “anointed with the Holy Spirit”.

JOURNAL 2016 - DAY 3 - 05/08/2016 (IN JESUS'
NAME)

Today I realise that living is very important. Spending time alone and just being is a very important thing.

It is good to take time out and relax because this gives you time to reflect and think about life.

Sometimes you just have to be and enjoy your life.

Psalm 37.4

Delight yourself in the lord and he will give you the desires of your heart.

When you are living with Jesus Christ, there is much peace and desire. You want to help other people and show them your salvation. You always feel joy and happiness in your life.

Living with Jesus Christ changes your heart. You have a heart full of love and compassion.

JOURNAL 2016 - DAY 4 - 07/08/2016 (IN JESUS'
NAME)

Today I went to a church BBQ and had a chat with a friend at church about my recent life experiences going into full-time work. I told him about being fired and people talking behind my back. He was amazed and a Bible scripture came to my mind.

Matthew 6.33

But seek first his kingdom and his righteousness and all these things will be given to you as well

If I was to say that there has been a secret to my prosperity, it would be this.

We had a great chat and we both realised when you are with the Lord Jesus Christ all your problems will be taken over. It was a powerful chat and I learned a lot from talking. The more that time goes on, the more I realise that communication is important.

Talking about life experiences together, loving each other. This is part of our purpose as people we are meant to share our experiences.

After this conversation, I went to see my friends at Nando's. We were having a chat about life and all these negative experiences.

I said in the conversation, 'What about the good things in life, what about the people who are helping other people, what about the people who are volunteers?'

The thing that stuck with me after the end of the conversation is - WHY WILL PEOPLE NOT CHANGE?

This is a question that I do not know the answer to. As time is going on, I don't know why we live in this type of world. Selfish people lack understanding, compassion, and love. It is a mystery.

The world is full of selfish people who only care about themselves and their selfish desires.

Proverbs 11.2

When pride comes, then comes disgrace, but with the humble is wisdom

God hates people who have pride and are boastful.

It is amazing I tell you in society how people show off their cars, their money, their houses, their material possessions. It is all a joke. What does it matter how big your house is, how much money is in your bank account, and how many things are in your life?

You cannot take one thing with you when you die.

A person who is anointed can see through all this garbage.

I still realise that the calling is a life process.

These moments are very important when you are being called.

I will tell an important story. Today when I was with my friends at Nando's, they asked, "Do you want to go to the clubs and drink alcohol?" They kept on saying to me there are lots of drinks I could have, and I would have a good time partying and getting drunk.

I was just sitting there listening to their conversation and then I said that I didn't want to go clubbing and get drunk. I do not like that environment.

It was amazing to me, I just had to humble myself. I was thinking, 'Oh my God, why would you want to go to the clubs and get drunk?'

It is unbelievable and so shocking.

When you are a person who has Jesus Christ in faith you will not do certain things.

Being with Jesus Christ is not easy. I can be honest and tell you in my writing that it has not been easy to get to this point.

One important skill I realise is **observance**.

Look at what everyone else is doing. Take your time to look at the world we live in and take time to observe your conversation.

All this insight will give you more understanding and knowledge.

When you are anointed, you start to see the world differently.

You start to see people making mistakes and the people that have pride, who don't care about what happens to other people.

You start to see the problems in the world and you think of ways you can help.

Being anointed is a completely different lifestyle. Being anointed is something you live.

But people don't want to change. They want to stay in their old ways.

Only caring about themselves and their selfish desires.

It takes a lot to live with the anointing.

The anointing is a spiritual transformation. It is this spiritual feeling inside that no words can explain. It changes your thinking process, character, and behaviour.

I don't know what it is going to take to change people's minds.

Only Jesus Christ can change people's hearts and minds.

All you can do is try your best to show the truth.

The world would be a completely better place if we all just start to love each other.

John 15.12

This is my commandment that you love one another as I have loved you

You see Jesus said in this scripture that we meant to love each other.

This is so important but people in the world don't realise this.

We are meant to love each other, care for each other and support each other. This is part of our purpose.

But many people will not realise this due to pride and selfishness.

JOURNAL 2016 - DAY 5 - 11/08/2016 (IN JESUS'
NAME)

Today I was listening to a message from Louise Hay about loving yourself.

It is so important to love yourself and do affirmation.

It is very important to find peace and love in yourself. All knowledge/wisdom can be found when you know yourself.

I believe time and patience are important when learning to love yourself.

When you love yourself, you would not hurt yourself or hurt other people.

This is something I still need to learn and I will find out how to love myself.

Loving yourself is not a selfish thing. You have to love yourself before you can help other people. Today I also learned that listening is very important. The type of things we listen to influences our minds.

That is why it is very important to listen to positive things.

There are so many negative things on the radio, TV, and media. And this is what distracts you from listening.

As a person living with Jesus Christ, you will try to listen to sermons, preaching, and spiritual messages.

Listening is very important.

Romans 10.17

So, faith comes from hearing and hearing through the word of Christ

You see it says in the Bible that faith comes by hearing. You can learn a lot of things just by listening.

In this society, people don't listen. I am very sure that the knowledge and wisdom that I share now wouldn't have come unless I listened.

Faith is a spiritual thing, not physical.

When you are anointed, you will listen and learn new things about life.

Today I went to church and learned an important message about people who pretend.

In this life, many people pretend to be in Christ but their hearts are wicked.

I learned from my personal experience to not trust people.

This message was very good and helped me to understand the enemy, which is Satan. Someone that will chat to your face and then talk behind your back.

Proverbs 3.5

Trust in the lord with all your heart and do not lean on your own understanding

To be with Jesus Christ, you must trust in the Lord.

Trusting in God is very important and must not be taken lightly.

If you don't trust in the Lord, then you are finished.

I am not going to say all my life I have been a faithful Christian. No, I have done a lot of sinful things and had made lots of mistakes to get to the point where I trust the Lord.

Many things in life can knock you off the path you need to go on but you must have faith and believe.

John 14.1

Let not your heart be troubled believe in God, believe also in me

You see from this scripture it is important to believe in God.

The main lesson I learned today is to be careful of the people you let into your life. Trust in God and pray more.

I hope today that this writing will help someone understand that you can't trust people.

The reason why you can't trust people is you don't know what's in their hearts.

A person who is anointed will be able to see which people are real and which are fake. It just takes time.

JOURNAL 2016 - DAY 6 - 16/08/2016 (IN JESUS'
NAME)

Today I was with a friend and he told me about his problems with money. He said to me that he gambled his money away in a betting shop and he had no money.

Proverbs 19.17

Whoever is generous to the poor lends to the lord and he will repay for his deeds

Today I learned the art of giving. You see from this scripture people who give their money to the poor will be paid back in full.

When you are a person who is living with Jesus Christ, you will give to the poor. Money wouldn't be a problem for you because you have the money to give.

So, I gave my friend £50.00 and he said thanked me. After this, we went to Chinatown on the Westend. My friend was drinking alcohol and smoking. During our time together, there were a lot of poor people asking for money. In every opportunity there was to give, I gave from of the kindness of my heart.

When you are with Jesus Christ, you would get so much joy. We went to a Chinese restaurant and there was a waitress. She was so kind and asked us what we would like to eat. I felt so much compassion and I started to smile. The thought that was on my mind was good people.

So, we are eating and talking about life. When you are a person with Jesus Christ you will listen.

I was listening to my friend and he was talking about some girl he was dating. He said he was a Christian.

I thought to myself, 'my gosh, you are drinking alcohol and smoking and you say you're a Christian?' It opened my eyes. We took a walk down the Westend and I thought about the way people are behaving. My friend was having a good time watching these dancers in the middle of the streets. To be honest, it was shocking. The streets were busy with people—some homeless—and people were just walking past them like it was nothing.

It got to the point where we were together and my spirit was calling me. I thought to try to put some wisdom into my friend's head. I know we cannot change people but you can try and show some wisdom.

That's all you can do!!! I started to talk to my friend about finding his passion in life and him doing anything for money.

My friend was drinking and smoking, saying he understands.

My spirit was telling me he is not going to listen but I will try and share some knowledge. I started to show him an example of why I changed and why I don't drink or smoke.

We were walking through Westend and these lovely, kind people were giving out a Jesus Christ CD.

It was so amazing to watch. I thought, 'Wow, good people.' I managed to talk to one of the women who were giving out these CDs and it was an honour to have a quick conversation with someone that understood.

I gave the Jesus Christ CD to my friend and said you need to watch this.

My friend gave me back the CD and said he wasn't going to watch it. I said to myself, 'My gosh, you are rejecting God and all the blessings he has for you.'

After this, I realised this person is not going to change.

It was painful to watch and he kept on saying he is a Christian. I had to show him because of my faith I don't do what everyone else is doing. I don't drink and I don't smoke. I don't sleep with girls. I have changed.

This is a person who remembered the old Chris. Chasing after women, having sex with women, drinking, smoking.

My friend didn't see it, but it was the anointing in my life because of which we had this conversation.

When you are a person who is living with Jesus Christ you are going to watch people make painful mistakes.

All you can do is watch and see how their lives turn out. It is one of the most hurtful things to watch but it will happen.

All you can do is pray for the person to change before it is too late.

There is a reason for everything. I strongly believe there is a reason why such as like your friends come into your life. Every opportunity is a chance to show your wisdom and knowledge and hopefully your personality.

So that people believe you in Jesus Christ.

You see I was trying, that's all I can do.

It is up to people what they do with the information you provide them.

YOU CANNOT CHANGE PEOPLE.

At the end of my time with my friend, I told him I was wealthy. My friend could not believe what I was saying. I said I didn't do what I do for money. He was completely shocked.

I showed him an example saying what did Jesus Christ do?

He kept saying things like helping other people and miracles.

I asked him why did he think I did what I did. He could not answer the question.

I said it because of Jesus Christ who saved my life.

In your daily life being in faith with Jesus Christ, you will become Christ-like.

This is a very important thing for your character and it will come in time.

Yes, I can say with confidence it takes time to develop these characteristics. It is something you will have to learn.

As Christians, being in one with Jesus Christ, we are all trying to become more Christ-like.

- Christ helped other people
- Christ healed people
- Christ forgave people
- Christ did miracles in front of people
- Christ sacrificed himself on the cross
- Christ loved people
- Christ gave to others

You see, as Christian, it must be in our capacity to become more Christ-like.

Heavenly Things - Don't Chase Earthly Things

Being anointed is something you live. Life gets better and better as time goes on. Believing in Jesus Christ is a spiritual thing.

There was a message from a person in the Samaritans that got to me.

They said, 'YOU CAN ONLY DO YOUR PART!!!'

That's all you can do!

You can only do your part to better the world and humanity in some way.

JOURNAL 2016 - DAY 7 - 21/08/2016 (IN JESUS'
NAME)

Today I had a hard day at work. I am a support worker working with people with mental health issues and challenging behaviour. All I can say about what I saw was bad practice. This really affected me spiritually. It is something I cannot forget.

Colossians 3.23

Whatever you do, work heartily as for the lord and not for men

This is an important scripture to know because when you are a person with Jesus Christ your faith will be tested.

Always remember what situation and challenge you have to face. You are doing it for Jesus Christ.

Matthew 6.21

For where your treasure is, there your heart will be also

Today I needed to talk to the Samaritans. This is a charity that helps people deal with their problems. It was a great conversation. We started to talk about my problems and feelings. First, I was telling her about the struggles I face at work and then my personal life experiences. I spoke passionately about how we should help other people, how we should give back to society, and how we should volunteer and help other people it was a good talk.

This was the first time I showed someone how passionate I am about helping other people and what I do for a living.

I am not going to say I know it all, but we need to support each other.

It was so good having that conversation, talking about life's ups and downs, and finding joy.

When you are a person living with Jesus Christ, you will have passion and joy.

Philippians 4.4

Rejoice in the lord always again I will say Rejoice

You see in this Bible scripture we will rejoice in the Lord. This is very important to remember. We are all not perfect but in Jesus Christ, we are made perfect through him. You see in this life nothing comes without a test. Most of your life will be a test of your faith.

Many people in the world don't believe in Christ. Many people don't care about other people. Some people are motivated and wicked. Putting all these tests will make you more into what Christ wants you to be.

John 14.26

But the helper, the Holy Spirit, whom the father will send in my name he will teach you all things and bring to your remembrance all that I have said to you.

A person that is in Jesus Christ has the Holy Spirit. This will show you everything true.

A lot of my walk with Jesus Christ has been from life experiences. I don't think you need to go through as many mistakes, life experiences, losses, and sufferings as I have.

You can learn a lot from reading, listening to the word of God, looking at and seeing how the world is, and communicating with different people.

JOURNAL 2016 - DAY 8 - 25/08/2016 (IN JESUS'
NAME)

Today I had a long conversation with my mother. Recently we found out some bad news. I cannot say what the bad news is because it is personal.

The anointing was in my life and I was passionate about talking about faith and Jesus Christ.

I was telling my mum all the secrets I have learned. I did this because it was my mum and I wanted her to understand what I know.

I said a Bible scripture that has stuck with me.

Matthew 6.33

But seek first kingdom and his righteousness and all these things will be given to you as well

I said this has been the secret to my prosperity. When you are living with Jesus Christ, you will need to be strong and show your faith to people that don't believe.

This is part of our purpose in living with Jesus Christ.

This is what life is all about. I was trying to show my mum that everything I know has not come from a book.

It has come from real-life experiences. One thing we need to remember about living with Jesus Christ is trying. This is something I am very sure of because you have to keep trying to let people see the truth.

It is a very painful process watching your family make major mistakes because you love your family, and you want the best for your family.

But you see people don't want to change. But you still have to keep trying and just be yourself as an example of someone with Jesus Christ.

All you can do is try your best to make people understand that.

We know that we cannot change people. But you can sow a seed and maybe one day the thing you said to them will help them to change.

Living with Jesus Christ is not easy but try your best to be an example of someone who is living with Jesus Christ. The spirit will guide you in everything you need to do. It is difficult to try to show the truth to people who don't understand but we have to try.

I am learning as time goes by it is better to try than not try.

JOURNAL 2016 - DAY 9 - 30/08/2016 (IN JESUS' NAME)

Today I was having a conversation with a person in the Samaritans. It was a powerful conversation. I told the Samaritan about my story. I said the only problem I have is time.

Ephesians 1.10

As a plan for the fullness of time, to unite all things in him, things in heaven and things on earth

Yes, time is one of the biggest problems you have when being anointed.

Time is spent on trying to show people about Jesus Christ. We are meant to show this through the person we become. It takes time to understand the anointing but with time comes understanding. We need time to develop our character, we are Christians, and we believe in Jesus Christ.

Everything I know has come from the spirit. It is the anointing that is making me write books because you see with the anointing everything will become clear to you.

The anointing is SPIRITUAL!!!

The anointing helps you to see the world differently!!

It is very hard to do everything that God wants you to do because there is no effort and time. The time that you do have try to help other people understand Jesus Christ. Today a group of old friends saw me. One of them said he saw me being baptized. I agreed. The group of old friends knew about my story. I said agreed that it did happen to me. They asked me how things are now. I said fine.

You see my character, personality, and life was shown. I did not have to tell my friends about my change. My faith was shown through the person I was.

Try your best to become Christ-like. Do things that Christ would do.

Jesus Christ lives within us through the anointing.

The main thing we need to remember as Christians is life is with Christ; that is all that matters!!!

Where ever you are. whatever you do, whatever you pursue, it is all in the name of Jesus Christ.

Nothing else matters other than doing the work of God.

Helping other people (Must Do)

Helping other people (Must Do)

Helping other people (Must Do)

For me, I would say that life has taught me everything I know.

My life is a real example of how you can live a life of sins and be changed through the Holy Spirit.

One thing being with Jesus Christ is your spirit will change.

The highest chance of someone living with Jesus Christ is your spirit and heart.

When you are anointed these two things will change.

You will not be the same person you were yesterday because you have transformed.

Listening to the message will help you. I believe when you listen to pastor messages you gain wisdom. You can learn a lot from people who live with Jesus Christ.

These people may not go to church every Sunday or may do things that other people do, but they have faith.

These types of conversations you have with people are important.

The reason why they are important is that we are all on different levels of spirituality.

Yes, spirituality is part of being anointed. You will meet spiritual people who may not be Christians but they are very spiritual.

I would say you learn a lot from spiritual people!!!!

Sometimes you may get a bit of information you didn't know just by listening.

In this life, there is all different type of people. Some people do things for money. Some people do things for selfish motives.

To be honest, those types of people don't matter.

The main type of people you should understand and learn from are:

- Spiritual people
- People who are Christians
- People who are anointed

The reason is they all believe in God. As time goes on you don't need to suffer if you have knowledge and understanding.

The reason why is because you know everything is part of your purpose.

A person who is anointed will understand that but will take time.

Another thing that I have found important is to share.

Luke 6.38

Give and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure, you use it will be measured back to you.

The reason why you share and give back is because of love. Doing things with this mindset will get you everything.

It is important to share your knowledge and wisdom. Don't hide it.

Because you know you're doing the right thing. When you're anointed, every conversation you have is important.

I am not saying share everything you know with everybody. No, no, no.

This would be a big mistake.

The spirit will tell you when you should share some wisdom.

JOURNAL 2016 - DAY 10 - 12/09/2016 (IN JESUS'
NAME)

Today I had a really good conversation with a Samaritan. I learned an important lesson. It takes strength to be a follower of Jesus Christ.

Philippians 4.13

I can do all things through him who strengthen me

Everything has to be done through Jesus Christ or you are finished.

I say this with confidence that if you try to do things by yourself, then it will not work. This scripture says I can do all things, not some things. No!!

The strength that strengthens you is the anointing.

You must be strong if you're going to walk down the path of following Jesus Christ.

I have learned this through many life problems.

It takes strength to keep following Jesus Christ in a world that is full of lust, corruption, greed, jealousy, and envy.

A person who is anointed will be strong. Because they know that Jesus Christ is with them in spirit. Another thing I learned today is everything happens for a reason.

Yes, everything!!!

In this spiritual journey of being with Jesus Christ, all things will help you with your faith.

This is something new I have learned but very true.

When you are anointed, there is no such thing as chance.

This is very true. Everyone you meet is a chance to show your faith and belonging to Jesus Christ. People you meet all have a purpose in your life in some way.

There is no such thing as luck because these things are meant to happen. This is part of your life purpose. Pray more when you are anointed and ask God to guide your steps.

JOURNAL 2016 - DAY 11 - 18/09/2016 (IN JESUS'
NAME)

Today I have learned an important lesson: good people.

There are good people in the world that are doing God's work. Some may have faith and some may not have faith but they are compassionate and caring.

Philippians 2.4

Let each of you look not only to his own interest, but also to the interest of others

Having a conversation with a person in the Samaritans helped me learn this lesson.

Even though many wicked things are happening in the world, there are still good people.

I think it does matter the way you live your life. In the scripture, it shows we are meant to be in the interest of others not just ourselves.

So, it is very important to remember living with Jesus Christ that we do things for other people and not just for ourselves.

I also learned today that we need to study. Being anointed takes studying.

You need to study the word of God, the Bible. Listen to sermons (Gospel preaching). Read Christian books. Understand and pay attention to life spirituality.

I would say most of my education has come from my life experiences. I don't think you have to go through lots of different life experiences to be anointed.

You can catch the anointing by reading, listening, and studying.

I am not in the ministry yet because it's not time to start my ministry. When you're anointed, you will see the benefits that the spirit tells you. The reason why I write is to express myself and show the anointing through my daily life.

Being anointed is a life-changing process. It takes time.

JOURNAL 2016 - DAY 12 - 25/09/2016 (IN JESUS'
NAME)

Today I had a real challenge. I was at my mother's house and my older brother started to talk about my past.

This is a very sensitive topic because I have been through a lot to get to the point where I am today.

He kept on talking about my past like it was some kind of joke. This was very hurtful because this is someone that knows my story.

This is pure ignorance.

Proverbs 14.18

Ignorant people get what their foolishness deserves, but the clever are rewarded with knowledge.

In this journey of living with Jesus Christ, you will face many ignorant people. I have met many people in my life who say they are Christian but do everything that the world does.

Be very careful with ignorant people. They don't have the knowledge and lack understanding.

I learned something new today from having a conversation with a Samaritan.

Just be who you are and thank God for making you into the person you are today.

Just be yourself.

When you are a person living with Jesus Christ you will have joy and peace.

The spirit will help you to do everything you need to do.

Just remember to be humble and remember what you have been through.

Be patient with people who don't understand you. This is because of their ignorance.

In this life, we need to remember what Jesus Christ has done for us. I can say this – some people may never understand what it means to live with Jesus Christ.

No matter how much you change, no matter how much knowledge you have.

The reason is because of their ignorance!!!

People don't read the Bible, people don't listen to sermons, and people have not changed.

Be careful.

Living with Jesus Christ is the hardest thing you can do.

The reason why it is so difficult to live with Jesus Christ is that we are meant to suffer.

Philippians 1.29/30

For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake

Suffering is a part of Christianity.

A true person of Jesus Christ will suffer.

I know this because it has taken so much suffering to get to the point where I am today.

Everything I know today has come because I have suffered. I will like to share my story because it is very important and part of my journey.

On 30th September 2014, I went through a life-changing event. First, I lost my job so I lost any form of income. Next, I lost my relationship with my ex-partner who broke up with me. This was a painful experience because I

thought she was the one I was going to be in a marriage with. Next, I lost my home in a fire where all my possessions were burned.

I was homeless and had nothing. By the grace of Jesus Christ, I am here today writing this journal. Suffering is part of your journey.

A lot of people don't know Jesus Christ because they have not understood what it takes.

We are meant to suffer as Christians but we don't want to suffer.

In this life, everyone wants to live a happy, joyful life. They don't understand because they don't know what life is really about.

This is because of their ignorance!!!

Knowledge and Wisdom come from God.

Proverbs 1.7

The fear of the lord is the beginning of knowledge, fools despise wisdom and instruction.

The reason I believe people don't understand is a lack of experience.

The more that life goes on, the more knowledge and wisdom you are meant to have but people don't understand because of their ignorance.

Everything I know happens after I experienced the loss of my home, my jobs, and my relationship. Not before... after!!

This is very important to realise: the anointing came after I lost everything and not before.

Before the fire, I didn't know much. I had no knowledge or wisdom or understanding.

I was living a selfish life focusing on my music and living a sinful life.

Yes, this was the old me this was the way I was living. I didn't understand.

Until the day came for me that I had to lose everything I loved all at once.

I was broken, hurt, confused, and lost.

It was not until after I got baptized that something changed inside of me.

This was the anointing and from there the knowledge and wisdom started to enter me.

The main thing about the story is I changed.

This took time for me to change.

That is why I know everything I know now. It has taken time with life experience.

But you have to pay a price to live with Jesus Christ.

You cannot have everything you used to have.

You cannot do everything you use to do.

You must lose something. For me, the price was my home, possessions, relationships, jobs, and children.

I had to lose everything in this world to get to where I am.

That is the price I have paid to be living with Jesus Christ.

- Die To Self –
- You die to who you are and become what Jesus Christ wants you to be –

When you are anointed, the spirit will guide you.

Jesus Christ wants us to become like him.

1 John 2.56

This is how we know we are in him, whoever claims to live in him must live as Jesus did.

The anointing will change your life choices.

You will start to help other people, and start to give back.

Because you know Jesus Christ is with you and the anointing will change your spirit.

JOURNAL 2016 – DAY 13 – 29/09/2016 (IN JESUS'
NAME)

Today I was walking around London sorting out my errands when something hit me.

My spirit was telling me people are selfish.

1 Corinthians 10.24

Let no one seek his own good, but the good of his neighbour

In this life, you will meet many selfish people.

They only think about themselves and their desires.

It is a shame to see but very true. That is why many people are not doing the will of God.

There is more concern about how they can be happy, joyful, and successful.

These types of people do not want to help other people or care for someone else.

They just want to have the best life and forget what anyone else is doing.

- Very wicked people –

Be very careful of selfish people their hearts are full of this world.

These types of people are the most dangerous so be very aware of them.

When you are anointed and living with Jesus Christ it is very hard to see your family and friends act in this selfish way, but it is part of your calling to try to get people to understand. Without Jesus Christ you are finished.

Today I also learned God's will.

1 Thessalonians 5.18

Give thanks in all circumstances for this is the will of God in Christ Jesus for you

I believe this scripture very much as I have had lots of different circumstances to get to the point of writing what I know.

God's will be a mystic.

The way to see God's will in your life is the way that you change.

This is part of the anointing and you will experience change.

For some people, it may take a few life lessons to find out what God's will is for your life.

Other people may go through real suffering to get to the point of 'God will like me'.

Some people may find out from reading and studying the word of God in church and at home.

The most important thing to remember is that we all have a purpose and we all have a gift.

For me, my gift is writing and my purpose is to become a pastor/evangelist one day to help people find Jesus Christ.

It has taken a lot for me to realise things but it has all been for the benefit of knowing Jesus Christ.

Today in the world you see people do not know why they do what they do. Every day they get up, do a job they hate, or study a course just for the sake of it.

It is very important to find your purpose. It's part of God's Will.

I think the main thing we must realize here is we are meant to be Christians that lived their life the way Christ did.

When you are anointed, you will find your purpose in this life. All the problems and mistakes will make you and lead you to your purpose.

It takes time to see your destiny. But when you are anointed, it will just feel right.

You can call it your intuition or spirit but you would know what the right thing to do is.

We are all born on earth for many different reasons something I know and something I don't know but we all have a purpose.

Today when I was doing all this thinking on the bus, I just looked at the sky. The sky looked so wonderful; it was an amazing moment.

When you are anointed, you will love nature and appreciate it.

It is amazing today how we are just so busy to even look at the sky and the wonder of it.

In this life, people don't appreciate such things. I don't know why people don't look at nature and think wow who created all this!!!

You see in this world people are more concerned about famous people on TV, and boast about what they have. That is what they think life is all about which is false. This is how the world is and the people within the world.

Sometimes you just look at the world and think my gosh.

When you are anointed, you will lose fear. This is something I have personal experience with. You do have fear but you fear God.

Proverbs 1.7

The fear of the lord is the beginning of knowledge, but fools despise wisdom and instructions

You will fear the wrath of God when you are anointed, but you will not fear things that are in this world.

This is because you know you are with Jesus Christ in spirit and Jesus has overcome the world.

I would say it takes a special person to be truly anointed to be free of fear.

Many people in this world fear lots of different things:

- Lack of jobs
- Lack of money
- Lack of education
- Lack of friendship
- Lack of relationship
- Lack of houses
- Lack of cars

You see there are many different things that people fear but when you are anointed you have none of these types of fears because you're with the Lord in spirit.

Matthew 6.33

But seek first his kingdom and his righteousness and all these things will be given to you as well

When you're anointed, you will seek the kingdom and the glory will be on your life.

It takes someone who has gone through some challenging experience to be free of fear.

The last thing I want to say is that you don't have a fear of dying.

John 14.6

Jesus said to him "I am the way, and the truth, and the life. No one comes to the father except through me

This is the hardest thing I have learned today but it is very true. You see when you are anointed the spirit will guide you and as Jesus says it is the way to live.

I will be honest and say everyone is afraid of dying.

Everyone wants to live forever but in reality, this is not possible. This is how life was made. We were born to die because of what happened to Adam and Eve in the garden of Eden.

Their sins have cost us our life but only through Jesus Christ can you have life.

Life is about having joy, love, passion, success, and happiness but it comes from Jesus Christ and only Christ can give it to you.

Life is meant to be joyful and happy but you see many people don't have Christ and they are not happy.

You see in the world today. People's mindset, people's behaviour, people's character. They lack so much love, passion, and joy and they are never happy.

It is very sad but true many people in this life will go to hell because they never gave their life to Christ.

Very painful but true when you are anointed you will see certain family members and friends die and it would be too late for them.

This is very hard to realize but it is completely true. People do have their opportunities to be with Jesus Christ if they want to honour God. But at the same time, you cannot force another person to focus on Jesus Christ if THEY DON'T CHOOSE TO. It is sad but true.

But all you can do is remember you with Christ and there are always people you can save.

Death is a part of life and no one has ever passed it other than Jesus Christ.

But you see in the world today people believing in themselves or other gods

When Jesus Christ is God in the flesh.

That is why he came to die for us so we can all have salvation, love, peace, joy, happiness, and success.

That is why we must honour him and devote his life to him.

Yes, I would say that I have been through most of my life experiences in this life. But there is a better life to come in heaven with Jesus Christ.

So, I am not afraid of shame of who I am and what I have been through.

Only someone that is truly anointed would not fear death because they understand that this is not the real reality.

It takes real anointed and sacrifice to ever get to this point.

Live life the best way you can until Jesus Christ's Second Coming.

Heaven is where anointed people are going because they love Jesus Christ and live by the laws of God.

Today I went to church to get a powerful message from the lord.

My pastor was talking about death and sacrifice. He was telling people in the church that you have to pay a price for being with Jesus Christ.

1 Corinthians 6.20

You were brought at a price. Therefore, honour God with your bodies

Yes, you must pay the ultimate price if you want to live with Jesus Christ.

Die to Self

You have to die for your selfish desires. This is part of your calling.

A lot of people don't understand what it takes to truly be with Christ.

It is amazing to get to this point in the journal to write about the truth of being with the Lord Jesus Christ.

You will suffer when you are anointed and then you will die.

Everything in the world will go away from your heart.

Psalms 5.10

Create in me a clean heart Of God and renew a right spirit within me

The most important thing we are all seeking is a change in the heart!!!!

That is what matters the most.

In the world, you see today people's hearts are in the wrong place.

People's hearts are in:

- How much they earn
- How big your house is
- How many relationships you have
- Material possessions you have

Yes, the world is full of people with corrupted hearts.

This is a shame but very true.

When you are anointed, you will see what motivates people.

If your heart doesn't change then you are not anointed.

You see many Christians' hearts have not changed they do everything in the world.

JOURNAL 2016 - DAY 14 - 03/10/2016 (IN JESUS'
NAME)

Today I had a wonderful conversation with a person in the Samaritans. I spoke about the love and joy I have for nature.

Psalm 69:34

Let heaven and earth praise him, the seas and everything that moves in them

The lesson I learned today was to love nature!!!

Nature is so beautiful to look at. The trees, the animals, the rivers, everything!!!

I learned that you can smile at the simplest things in life. Like animals running or the trees moving.

It matters that you love nature because it has all been in Jesus' name.

I would be honest and say I have been eating animals for a very long time but today sitting at the park, watching the ducks and birds in nature opened up my eyes.

I realised that it is wrong to eat animals because they are living creatures just like you.

How would you like it if someone took your children and killed them so they could eat them!!!

That would be very cruel and unkind.

So why do people in society eat animals to kill them just so they can eat?

A true anointed person would see this and know it is wrong!!!

Today I have chosen to become vegetarian because I cannot be involved in watching people kill animals to eat.

This is an important thing to know but very true.

When you are anointed, you will appreciate life and everything that is in life.

I would not say you have to stop eating meat to get to this anointing. No!!! But it doesn't feel right.

Today I have also learned to go with my instinct!!

This is very important when you are anointed.

Your instinct will help you see the truth in situations.

I realise when I follow my instinct, I am normally right.

This is the way you feel!!!

Sometimes in life, you will get a certain feeling towards someone or something.

It could be a good thing or a bad thing but you need to follow your gut and listen to your intuition.

For me, many things that I know have come from a feeling I had or a thought.

Pay attention to your thoughts!!!

Very true your thinking can help you if you think positively about things.

Yes, your feeling and thoughts are very important when being anointed.

Your thoughts give you an idea and image of something.

Your feeling tells you if it is right or not.

Follow your intuition because it is your spirit.

When you are anointed, life will teach you things sometimes you can learn something new in any situation you face.

Today I was thinking about life and appreciation.

And I have learned something new by just having that thought.

It is amazing what the anointing does for your life.

I would say even I am surprised by some of the things I know.

It's part of the anointing.

I also learn never to forget where I came from.

This is very important to remember.

Life is about the journey, not the destination.

You need to enjoy the journey you are going on and appreciate every moment.

Life is amazing. I can say the best thing I ever did was write the way I feel.

This was a revolution in my life because it helped me to find who I truly am.

The moments I have I write them down. The things I know I write it down.

I honour every moment and appreciate everything.

The reason why I write things down is so I can keep track of/record what I learn during this time in my life.

It is very important when you are anointed to express the way you feel.

Writing my feelings and thoughts has been a joyful experience.

I wouldn't trade these moments for anything.

We all have a gift – don't waste it.

Being anointed is a lifetime journey to the end.

I know this now because the spirit has told me. I will not stop writing what I know because it is part of my journey.

Today I was doing my food shopping and my spirit kept telling me the world.

1 John 2:15

Don't love the world or the things in the world, If anyone loves the world, the love of the father is not in him

When you are anointed, you will not love the world.

You see the world differently. I would say you will be amazed at how people's behaviour.

Just be humble and do what your purpose is meant to do.

Follow the spirit it will guide you.

The world is a great place when you look at nature but human beings are destroying the world and everything in it.

I would tell you that it is painful to watch and see people's behaviour.

Just remember we are all sinners in the eyes of God and have fallen short of his glory.

So have mercy for people that don't understand and pray for them.

That is all you can do we cannot change the world.

Only God can do that so try your best to be good and to stop sinful nature.

Today I listen to a message from **Dag Heward Mills on Humility.**

James 4:10

Humble yourselves before the lord and he will exalt you

Being humble is indeed part of your calling.

You will humble yourself and stay calm because you know Jesus Christ is in your life.

It takes humility to help other people, care for the animals, and love the universe (true humility)

JOURNAL 2016 - DAY 15 - 10/10/2016 (IN JESUS'
NAME)

Today I learned an important skill: the art of patience.

Romans 12.12

Rejoice in hope, be patient in tribulation, be constant in prayer

I would say that a lot of what the spirit tells me has come because I have been patient.

Patience is a key part of your calling.

It takes time to see your calling, it takes time to change.

You see in the world today people lack patience. People rush for money or material possessions just because of greed. People want more than what they have and are not willing to wait for it.

I learned this lesson from talking to a person in the Samaritans. Patience is the key!!!

I am not in ministry yet because I need time to process what I know and what I have been through.

Sometimes life will test you and challenge you but this is a test of your faith.

Patience has been the key for me in my journey.

I had to wait to write this journal. I had to wait to get a new job. I had to wait to come out of homelessness.

Always this wouldn't have happened if I didn't wait.

Today I have learned to help one person at a time.

If I do this then I can help many people at a time.

It is all about the first steps.

Help as many people as you can in every way.

This is part of your purpose.

- A new type of mindset –

JOURNAL 2016 - DAY 16 - 20/10/2016 (IN JESUS'
NAME)

Today I went to church and heard about an important message.

My pastor was talking about doing the work of God. He was teaching us that we must do the work of God to count our blessings and be involved in the ministry.

Today I learn an important lesson about money.

Ecclesiastes 5:10

Whoever loves money never has enough, Whoever loves wealth is never satisfied with their income. This too is meaningless

Money is the biggest problem and it is meaningless. No amount of money will bring you close to Christ!!!

You see it in the world today, people every day going to work to get money. Money makes people happy and people think the more money you have the better you are!! Not true. Money is what stops people from seeing the love of God.

I don't work for money; I work for love!!!

Giving my time for money is not the way to go if you are anointed and a true lover of Jesus Christ.

- Money is earthly things -

We are chasing heaven things.

- Money is a wicked God

Wealth is given to you from the lord, not man.

When you are anointed, you will have money to live!!

What I mean by living is paying your bills, getting some food, buying some clothes – whatever.

The hardest thing when you have been anointed is to not love money.

If you love money, then you are not a lover of God and you are finished.

Use the money you do have to do the right thing in the world not the wrong thing.

- Helping your church
- Helping charities
- Give to the poor people

Money can be used for good if you have the right mindset.

Always remember: don't love money.

JOURNAL 2017 - DAY 17 - 16/01/2017 (IN JESUS' NAME)

It has been a while since I last wrote in my journal. I still struggle with my problems daily!! And life is getting better.

A verse that came to my mind:

Philippians 2.4

Let each of you look not only to his own interest but also the interest of other

I started to realise that going out and winning souls for Christ is the most important thing we can do as Christian. I have started to evangelise and talk to people about Christ!! Yes. It is not my nature to talk to random people about Christ but I must do it.

I am starting to learn that I need to volunteer and help people for free. It is not about the money but about helping other people. I can say today I have fulfilled my purpose in life but it has not been easy. My biggest problem is **people**. How can someone who helps people say this? You see it in society - in how people treat each other. Lack of empathy, lack of compassion—but the main thing is people do not **care**.

I have started to see how people are. The nature of people is selfishness. I used to think it was money or a lack of understanding but it is not. People are selfish. When you realise this, it changes your life. I understand because I used to be the same. I wasn't always a Christian. I didn't always have faith. I use to drink, smoke, and have sex.

Yes, Christ came into my life and changed me forever!!

How can a shy, quiet, humble, calm person go out on evangelism? It is only by the grace of God. I have just started my journey but I will say it is an honour. I feel joyful about doing the evangelism.

JOURNAL 2017 - DAY 18 - 20/01/2017 (IN JESUS' NAME)

Today I was in church and the Lord spoke to me.

1 John 4:8

Anyone who does not love does not know God, because God is Love

I realise when God talks to you, he shows you within your heart. I had a few moments in my life when God spoke to me but I realise he talks to you in your heart.

Today I realised I have to evangelise more to people and win the souls of people who do not have Christ.

Today I realised that being with Christ is Spiritual. You cannot expect it but you know Christ is with you.

I would say it took a long time to realise that God has been there with me. I feel like my writing has gotten better and my understanding has grown more through learning from my life experiences.

Understanding that Christ is lord and walk in his will.

I believe it is my will to be an evangelist because I have had time to see God use me to help people.

A real follower of Christ will help other people and be a person that serves other people.

If you are not serving people then you are not in Christ!!!

A lot of people think that being in Christ is like a game. It is not like a game to be a follower of Jesus Christ.

- Suffering is part of being with Jesus Christ
- Losing is part of being with Jesus Christ
- Sacrifice is part of being with Jesus Christ

- Pain is part of being with Jesus Christ
- Hurt is part of being with Jesus Christ
- Shame is part of being with Jesus Christ

I need to be honest, in my writing: it is a daily struggle to be with Christ. Every day I find it hard to cope with all the things I have seen and experienced in my life.

It has taken me everything and more to be writing this journal and expressing what I have learned in my time.

I think without going through suffering you will not know Christ!!

It was because of my suffering that I chose to write a journal about the feelings and thoughts I have been having and going through.

To be with Jesus Christ is not easy!!!

In this life, I have paid the price. The price is great if you want to follow Jesus Christ.

One thing I have to realise is that we need to think about other people.

Okay, I will be honest. I have worked in jobs I didn't have any passion for. Yes, true.

Many jobs I have worked were in retail, ICT, sales, business, music, warehouses, etc.

I am writing this because I am not perfect at all. I did many things because of money.

It is not good to think about money. This may sound odd but is very true.

Hebrews 13:5

Keep your life free from love of money and be content with what you have, for he has said, I will never leave you nor forsake you

Money is not just wicked but wrong. Money can be used for good things if you have the right mindset but most of the world is all about money.

Money is one of the main reasons why the world is in its place it is because people love money.

You may think I am saying something wrong but it is not. The truth is people want to be rich. Yes.

So, people think working hard will make them rich. No.

But you see that is why people work. People think they will be rich by working for someone else.

To be honest, you can make a bit of money working for someone else but not a lot.

People are stuck in this way of thinking but they do not know.

True riches come from God.

Prosperity is something to look at. I would say that I have prospered from the past. Yes.

I would say I am successful in my life. Yes.

The reason I say this is because I was homeless for a period of my life.

I was living in different hostels and bedsits for some time.

The money I have now is all from God. That is why I started to give my money to homeless people. I am not giving money because I don't have money. No.

I am giving money because I have the money to give. Personally, everything I do is about other people. I am writing this journal for me but to also help other people. When you help other people, your life will change!!!

To be honest, I was not always helping other people. The truth is I had help from Paul Dorrington (Lead

Employment Specialist) and Dr. Karen Meechan (Clinical Psychologist).

I have been through therapy and have had counselling. Yes.

In my therapy sessions with Karen Meechan, I spoke about my past. We talk about all the things I have been through. The most important thing I learned in my counselling is to tell things and flow.

Flow means whatever experience I am going through let it just flow naturally.

From Paul Dorrington, I learned the important lesson of living in the present moment. This writing is me living in the present moment and I am expressing my feelings and thoughts on paper.

I am learning every day. I will say something that is a real shocker. Ninety-five percent of the world doesn't know Jesus Christ.

The reason why I am saying this is because people live their own lives the way they want to, for example, drinking alcohol, smoking, clubbing, etc.

That is why I started to do the work of an evangelist. I realise this from talking to people on the streets. Most people say yeah, I know Jesus Christ, or no I don't believe in God, or do not talk to me or I am not in the mood.

It is amazing when you see how people behave in society.

The most painful thing is the world:

1 John 2:15

Do not love the world or the things in the world. If anyone loves the world, the love of the father is not in them

The world is the biggest problem. This part of my writing is very deep but true. The world is crazy with all different

types of people. Some people are kind like me, some people are selfish, some people are evil, and some people are wicked.

The truth is that the world does not have Christ. You see the different religions, cultures, societies, etc.

This is a problem but people think it ok. There is only one God and that name is Jesus Christ and Jehovah.

Jesus Christ came to the world to heal us of our sins. All the different types of problems, circumstances, and situations are all meant to help us know Christ.

The world is wicked. You can give me millions of pounds but the truth is the world is wicked. That is why the world is the way it is. Lack of empathy, lack of compassion, lack of love. This is the big problem and you see many people are not doing God's work.

God's work is to help other people. To be kind, loving, giving, and helpful to people. That is what we are meant to do but people are doing the opposite. I don't know why more Christians do not evangelise. They do not talk about Jesus Christ. I don't have the answer to that question.

All I can say is that everyone is different in their ways. I think evangelism is important.

Mark 16:15

And he said to them "Go into all the world and proclaim the gospel to the whole creation"

We are meant to preach the gospel of Jesus Christ to the world. All I can say for me is that I am doing my part to bring people to Jesus Christ.

Being an Evangelist is very hard as I have noticed people don't want to know Christ!!!

I will be honest I have just started to go on the streets and talk to people about Jesus Christ. It has taken years

and years. Months and Months. Problems after problems. Test after test.

It is hard to talk to people who don't know Chris because they don't believe there is a God.

This is the time to make things right with God. This is the time to follow the will of God.

I don't know what it takes for people to change.

- Change is everything -

In my life, I have changed from a shy, quiet, humble person into an evangelist, usher, and follower of God. We cannot stop change.

I was living a sinful life for 26 years; I am now 28 years old.

It has only been the last two years since I have been born again and understand the blood of Jesus Christ. Since I have been a follower of Jesus Christ, I have seen my life change almost supernaturally.

I cannot explain all of the changes but something has changed in my spirit.

1 John 2:20

But you have been anointed by the holy one and you all have knowledge

The spirit that changed in me was the anointing. Since I have experienced the anointing, I have preached to people about Jesus Christ. This change has changed me forever.

I would say something a lot of people think is that I am the same person because yes, I have tattoos; I wear jeans; I have long hair.

People don't know but I have a change in my spirit.

This is why I am writing everything down to keep an idea of the things I have learned.

Spirituality is the most important change of being with Jesus Christ. Your Spirit and heart change.

I would say that I didn't know much about Spirituality. No.

But as time has gone on, I am starting to feel the presence of God in my life. When you are spiritual your life becomes different.

You start to feel different in your feelings and emotions.

I have realised that God talks to us in different ways. Sometimes when I am alone, I can feel God talking to me.

Sometimes when I hear a message, I can hear God speaking to me. When I am in church the message gets to me. Watching Christian Tv the message speaks to me.

You must be a hearer of God and God will show you what to do or where to go.

The art of hearing is a very important thing. Listening to your body, mind, spirit, and soul at all times.

God is talking with me right now. Always do the right things at all times.

- Helping other people
- Helping families
- Helping friends
- Helping animals
- Helping poor people
- Helping vulnerable people

Always be a giving type of person.

JOURNAL 2017 – DAY 19 – 24/01/2017 (IN JESUS’
NAME)

Today has been a good day and a bad day. I had a job interview as a mental health support worker. This is a job I am passionate about. It feels so good to have these opportunities to help other people and to be having these interviews for a new job.

I owe all of my success in the work to my heroes Paul Dorrington (Lead Employment Specialist) and Dr. Karen Meechan (Clinical Psychologist), who have helped and supported me through my mental health journey for over two years. They were the first people to help me recover from my mental health. I owe everything to them!!

I mean everything!!!

I have so much love and respect for the people who have helped me. These two people are very important in my life and I owe so much to them.

Today I was at my family's house and I was talking about my heroes passionately. My twin brother said I am worried about your mental health. It has got nothing to do with my mental health that I am talking passionately about my heroes.

I was talking with a passion and desire to make my family realise how important these people are in my life.

I have noticed every time I open up to my family, they don't understand me.

Today I was talking about volunteering, helping other people, giving back, and making a difference in someone's life.

- People think I am crazy

One thing I have noticed is when you tell the truth, people don't want to hear you.

It is getting to the point when I am fed up with playing games - messing about.

My family thinks my life is some sort of joke or game.

- It is not a joke

I can tell you the experiences I have had in my life have been extreme.

I want to say some of the things I have the experience to understand that this journal is a true expression of me.

What I have lost:

- My flat and all of my possessions were in a fire.
- I have lost my children due to my ex-partner having an abortion.
- I lost my job and have been unemployed for a while.
- I have lost relationships I have had with ex-partners which didn't work out.
- I have lost money for a long time.

These are just some of the things I have gone through.

It has not been an easy journey for me.

I have suffered for most of my life.

My mental health has put me in hospital several times due to being mentally unwell. It has not been the best experience to see in my life.

I have had suicidal attempts more than once. I have tried to kill myself because I have suffered from depression.

All of my writing has been a personal development of what I have been through and using the journal to write down my feelings and emotions. I feel like there is a lot of power in my writing because I have gone through certain life experiences.

It took me time to write things down on paper. All I was trying to show my family today was that my heroes have played an important part in my life. My family thought I was losing my mind. It wasn't that.

All I was doing was trying to show them how important my heroes are to me. It has been a hard journey for me and I would say everything I have learned and I mean everything!! Has been learned from life experiences.

Experience is one of the most important things. The reason why I say this is because life experiences help you to grow. Change and growth are one of the two most important things in life.

I have learned that everything has a time and everything has a season. Through writing, I feel complete as a person to share some of the things I know. I have been through many problems in my life and every day I am learning new things. I have a clear worldview.

- You're even doing the right thing or you're doing the wrong thing

People may ask me what is the right thing to do. I will tell you!! The right thing to do is to help other people and give back.

Helping other people find Jesus Christ. Volunteering and helping other people. Support people and make the world a better place. I will tell you why my heroes are so important to me.

My heroes showed me the path of helping other people and giving back.

My family has not been very supportive of my personal development. My family is one of my biggest problems. My family does not understand what I have become. I find it hard to deal with my family. I feel like I need to be away from my family. It is not that I don't love my family. No. It is because they have been unsupportive to me. Talking to my twin brother and mother today made me

realise that there is no hope in changing my family. For some reason, I talk and talk to my family but they do not want to listen to me. I have realised I am on my path. No one is on this path but for me. I am not going to keep repeating myself to people that don't understand me.

JOURNAL 2017 – DAY 20 – 26/01/2017 (IN JESUS’
NAME)

Today I talked with the Samaritans. It was a really good conversation; we spoke about a lot of things.

Romans 10:9

Because if you confess with your mouth that Jesus is lord and believe in your heart that God raised him from the dead, you will be saved

I learn something important tonight. It's not how many people you help!!

It's how many people you change!!

I believe today I learn what it means to have salvation. This came to me in the conversation and if I didn't have this talk, I wouldn't have known.

I think the most important thing is salvation. The reason why I say this is because it has to take salvation to write this journal. I think as Christian we need to take a look at our salvation.

Salvation is being saved. Being saved is given to you by the grace of God.

Ephesians 2:8

For by grace, you have been saved through faith and this is not your own doing, it is the gift of God

We all have the grace to be alive but not everyone understands that it is by the name of Jesus Christ. Salvation, I will tell you, is the most important thing. I will share what I have saved.

- Lost children

- Lost homes
- Coming out of a sick hospital bed

That just some of the things I have been through so I understand what true salvation is.

Sometimes in life, you have to go through bad to see the glory.

John 17.22

The glory that you have given me I have given to them that they maybe one even as we are one

There is a major glory in my life today. I cannot fully understand the glory of my life. I owe this to Jesus Christ and there is so much joy in my life. I want to talk about how we can change people.

Today I realise this is the most important thing (change).

I have written this before but I didn't understand it how I understand it now.

- Change

If you are a true Christian you will change!!!

- Change means to be born again

People will say to me you're the same Christian you've always been. No, I am not.

Being born again is everything.

I couldn't write this journal if I was not going through a change.

Yes, I said to myself one day that I want to write my feelings and emotions down on paper.

This change has changed my life.

As I write I learn new things about myself. It is like God shows me what to write. Sometimes I just write because I am having a low day. Sometimes I write because I want

to share what I have learned. It is amazing when you write.

I would say a true Christian would be a writer and share the things they know.

The reason why I think being born again is so important is that it changes the person you are.

This is what we call the anointing!!!

The anointing is the spirit of God.

I have always said for a long time now the one thing that changed in me was my spirit.

At the time I didn't understand what happen to me. For so long I was confused about what was happening to me.

There was one day I decided to go to church. This was in 2015 but I cannot remember the month. That day changed my life. I am an usher in a church called Lighthouse Chapel International.

Since I have been in church, my life has changed supernaturally. Some of the things I do not understand myself but I have seen miracles.

John 4.48

So, Jesus said to him unless you see signs and wonders you will not believe

Jesus said unless you have seen miracles, you will not believe. For me, I have seen the good miracles that God has done in my life. I am not saying because of these miracles I believe in Jesus Christ. No.

What I am saying is this is part of my testimony.

Psalm 66.16

Come and hear all you who fear God and I will tell what he has done for my soul

I want to share my testimony with you. You must understand why I am a follower of Jesus Christ and God.

In 2014, my life changed. This year I went through a difficult year. I may have shared this before but it is very important.

- I lost my jobs – I was unemployed.
- I lost my relationship – I was with my ex-partner for three years and she broke up with me. This was painful. I loved this girl.
- I lost my home and all of my possessions in a fire.
- I lost my music business due to losing all of my music equipment in a fire. I was homeless after the fire. Yes.

During this time, I met two people who helped me and they are my mentors and heroes.

These two people change the path of my life.

Their names are – **Paul Dorrington** (Lead Employment Specialist), and **Karen Meechan** (Clinical Psychologist).

During this time, I was going through a spiritual change. I started to attend church and listen to my heroes.

The rest is history.

Now I am helping other people in the mental health industry.

- Giving Back

Now I am evangelising and winning souls for Christ.

I am a person who listens. Today people don't listen when you talk to them. When I listen, I began my first steps into ministry

I am not a pastor or teacher. No.

I am an evangelist and I am winning souls for Jesus Christ.

I believe listening to a pastor preaching is a way of getting anointed.

Anointing is what makes a normal quiet shy humble person go out and evangelize to people.

Anointing is what takes you to the next level of life.

- Without the Anointing your nothing -

I say this with confidence. I have seen people passing away without anointing. It is very painful to watch the way people are.

Some people may never know Christ.

The reason why is because they don't want to believe in him.

I have to say this because it is very important. I have friends and family who know that I go to church and don't understand that I am with Christ.

I am saying this to hold on to your faith.

People tell me there is no God, there is nothing like compassion, and there is nothing like giving back.

I have met many types of people and some say there with Christ but they live just as everybody else lives.

You have to be very careful what type of people you have around you. If you're with bad influences, you will turn like them.

The reason why I say it is very important who you hang around with.

If you are hanging around with non-Christians, they will bring you down.

I had to let go of so many people in my life to get to where I am today.

If I didn't let bad friends or bad family members go, I would be backsliding.

You need to start to learn to be with good people.

Okay, I am not saying everyone has to be a Christian. No.

I am saying that you need people that will inspire you.

If you're helping other people and your friend is studying business and wants to be an accountant, it is not going to help you on the path of faith.

Faith is mystic -I am on this path and my writing is everything to me.

I have learned when I give – I am at my happiest. Giving is a part of my life.

When I give, I have joy I also learned today that if I have children, I will raise them to help other people and teach them the Holy Bible and what it means to be a Christian.

JOURNAL 2017 - DAY 21 - 30/01/2017 (IN JESUS'
NAME)

Today has been a hard day and I realised something important. I was talking to my older brother about some of the knowledge and wisdom I have. It was a very important conversation I had with him but he thought I was just babbling.

Today I felt rejected.

John 15:18

If the world hates you, know that it has hated me before it hated you

My older brother never understands what I say to him. After I had finished at my mum's house, I went for a walk in Norbury. I started to the evangelist on the bus to a person. I spoke about Jesus Christ and share my story. The person rejected me and said they are okay not knowing Christ.

In this path of Jesus Christ, people are going to reject you.

Do not be discouraged because they don't understand why you're talking to them.

Keep on trying to win souls for Jesus Chris and have your place in Heaven.

It is up to you what path you walk down.

Follow Jesus Christ to the promised land.

JOURNAL 2017 – DAY 22 – 03/02/2017 (IN JESUS’
NAME)

Today I want to talk about dreams.

Ecclesiastes 5:7

For when dreams increase and words grow many, there is vanity but God is the one you must fear

Everyone has dreams, and I can say, everyone. We all want to become more than what we are. There are two types of dreams. Good dreams and bad dreams.

Good dreams would make you think about others. Bad dreams normally would make you think about yourself.

Today a dream I had come into reality. I have always wanted to have a job in the NHS. As long as I have been helping other people this has been a dream and desire.

Today I had an opportunity for a new job in helping other people with mental health difficulties.

Whatever happens to that job whether I get it or not I am happy. People would say why are you so happy. I will tell you the reason.

I am coming a long way. I have had problems, life experiences, circumstances, and situations that you can only begin to imagine.

All I know is that it is by the name of Jesus Christ that I am seeing my dreams come to reality.

Dreams are what you desire more than anything else. You see, in society, today people want to be rich. People want a good life. People want material possessions.

All these things will come to you but in Jesus’ name.

Today I was inspired. There are not many things that inspire me. No.

It felt so good to be at that interview today. These were dreams that I have written about.

Even to have the opportunity is amazing for me.

Yes, it is amazing and powerful.

When you see your dreams come into reality. It is so important that you hold on to your dreams.

Your dreams will make you the person you need to be.

Dreams are everything.

I saw some of my dreams and it is amazing.

I think when you do the right thing you are more blessed. For me, a lot of what I know today has come from life experiences.

But you see everybody is different. We are all unique in our ways. If I knew before what I know now.

My life would have been easier and less stressful.

You can only feel complete when you help others.

Well, a lot of people say 'When I have more money or when I get a new job or when I get a degree...'

I am not saying these things are not important because they are.

It is important to have a job, money, a home, and cars because we all need things like this in our life.

But it is not important when helping other people.

It feels good to write like this and share my knowledge and wisdom. The best thing I ever did was write in a journal.

The main thing is always to hold to your dreams.

Everybody's dreams are different. But you know what is important for you.

Never let another problem, circumstance, or situations stop you from your dreams.

Dreams are very important and precious.

JOURNAL 2017 - DAY 23 - 07/02/2017 (IN JESUS'
NAME)

Today I had an okay day. I went to pick up my medication as I have mental health problems. I went to my family's house. To be honest, every time I go there, I feel sad, only because I want to help my family understand what I know and why I am doing the things that I am doing.

I am concerned about my family. To be honest, it is one of the things I pray about the most. It is so hard to get people to understand what I am talking about.

I spoke to someone in the Samaritans. My best knowledge comes from when I talk about my passions and dreams.

Philippians 4:13

I can do all things through him who strengthen me

I said today that I am trying to create my dream life. Everything that I am doing today is to try and live my dreams. I cannot do it alone like the scriptures says it is Christ that strengthens me.

I have learned from my talk with the Samaritans that I need to think about the people I am going to help. This will help me on my journey this was a very important message for me to hear.

Today I went to do some evangelism and I felt like the spirit was calling me to talk to some people about Jesus Christ.

I spoke to a homeless guy and he was telling me about his life. I gave two people some money, a black guy and a white guy. I felt like this was the right thing to do.

I am going to try and stay in contact with him one of the people whom I gave money to.

I am learning that people are unique.

Some people don't believe in Christ because of some life experiences they have been through. Some people don't know Christ because they want to reject him.

I have been evangelizing a few times now and I am starting to see the world reject Christ.

Some people think you're a mad person for talking about Jesus Christ.

It is crazy

I am starting to see that people don't believe in God. I don't know why people don't believe in God but everyone is unique.

I am starting to realise the importance of evangelists to people around the world.

People don't believe in spirituality. I have said this before and I will say it again.

Being with Christ is a spiritual thing.

If you have not to change. Change means to be born again.

If your desires have not changed:

- Then you are not in Christ

To be honest, I have seen this in my life today. People say that they live with Jesus Christ but don't change.

To be honest, people want to receive things without paying a price for them.

The price of Jesus Chris is this:

- Losing, Suffering, Pain, Hurt, Shame, Sacrifice

I think personally if you have not been through some pain and sacrifice you don't know Jesus Christ.

I have been through so much pain to get to where I am today. The things that I have seen in my life are crazy. Why is pain so important in your calling?

Philippians 1:29

For it has been granted to you on behalf of Christ not only to believe in him but also to suffer for him

Your calling takes suffering; without the suffering, you will not know your calling. I remember being at home and watching a message on life's purpose by John C. Maxwell and it was talking about to be in Christ you have to lose yourself.

I think losing yourself is one of the most important things. If you do not say no to your desires, you will never be of any benefit in the church.

I got this from listening to Dag Heward Mills on a sermon called "Take Up Your Cross". I think losing is one of the most painful experiences we will go through in this life.

I have lost everything and I mean everything. All I know is how much God has done for me in my life. That is why my writing is so important to me because it helps me to express everything I know. If it was not for my journal I would not know where to go in my life.

Writing is one of the most important things as far as sharing information. As time goes on, I find all the important things are hidden. There are not many people that know what I know.

Few People know my writing has gotten better and better as time has gone on

JOURNAL 2017 – DAY 24 – 08/02/2017 (IN JESUS’
NAME)

Today I have been thinking about lots of things. I realise that walking is powerful. Today I took a long walk around the park and down the riverside where I live in Battersea. When I was walking, I felt better myself, and help me to feel relaxed. If I am having a down day or things get a bit difficult for me. I should take a walk and enjoy being outside.

Walking is powerful

Walk more often and take time out to be with nature.

JOURNAL 2017 - DAY 25 - 10/02/2017 (IN JESUS'
NAME)

Today I had a phone call with my brother. It brought me down which made things harder for me.

Proverbs 16:4

The lord has made everything for its purpose, even the wicked for the day of trouble

Every time I talk passionately people do not want to hear it. You explain things to people and show kindness but people think you are ignorant. I was trying to show the importance of helping other people. I was trying to show why it was so important to help other people.

It is crazy when you talk to people about your dreams, desires, passions, values, and beliefs. People think you are crazy.

I have noticed every time I am in my most passionate state, people think I am a mad person. My older brother thought I was being hard on him or trying to make his life worse. No. I was trying to show the importance of helping other people. I have said this before and I will say it again. If you are not helping other people, you are not in Christ. If you don't care about other people are feeling and living then you are not in Christ.

I spoke to a person in the Samaritans and we had a long conversation. I learned something very important by talking. I learned that you should respect people in all ways of life and leave them to live their life. No.

If you are following Jesus Christ you will evangelize. As Christian, we are all meant to win souls for Jesus Christ. You need to talk to people who are lost. The reason why I

evangelize is that it has been in my heart to do it. I am not saying everyone is born to be an evangelist. No.

We all have different calling in life. We all have a different purpose in life. We are all different in our own ways. Talking with the Samaritans helped me also learn to live in harmony. I believe this is true but I think to be in harmony is to make a difference in people's lives.

The impact we make is the biggest part of our calling. We have to think about helping other people. I am fed up with people who don't understand your passion, vision, drive, motivation, dreams, and desires. I am fed up with people thinking you are just here because that is how life goes. So many people lack understanding. Because people do not understand the world is in trouble.

Matthew 7:13

Enter by the narrow gate for the gate is wide and the way is easy that leads to destruction, and those who enter by it are many

Understanding is by far one of the most important things in life. If you do not understand you do not have a purpose. As the scripture says many people are going on the path of destruction.

The life that we live on earth is our own for a short period of time. We have to make our time count and help other people. Winning souls is the most important thing.

JOURNAL 2017 – DAY 26 – 12/02/2017 (IN JESUS’
NAME)

Today I was with a friend. We went to Brixton and had dinner in a Caribbean restaurant. They were playing reggae music and it was very busy. I told my friend there was a reason for me to change my course and drop out of the degree I was studying for.

I said the best decision that I made was to help other people. He looked at me and put his face down. I said it was because of Paul Dorrington and Karen Meechan who helped me to get on this path.

We went out of the restaurant and I saw a group of people. The Holy Spirit was shining through me and the power of God was on my life. We went on the bus and we were both quiet. I saw a group of boys on the bus chatting. When the Holy Spirit is on you, everything becomes clearer. We got off at Clapham Junction and my friend had a cigarette.

I left my friend and then I started towards evangelism. I had a desire to want to help people on the streets. This desire was with me all the time being with my friend. I spoke to people on the streets they looked at me like I was crazy. People rejected me and thought why is he talking to me. I spoke to a homeless girl on the street and gave her some money to help her through her homelessness.

I saw a white guy playing some music and I gave him so money. I feel when I give, I am always doing the right thing. There is something I hate more than anything else in the world. I hate unrighteousness and a lack of faith. The world is wicked. Some people in the world are wicked. Unrighteous – this world is full of this.

Romans 5:8

But God shows his love for us in that while we were still sinners, Christ died for us

Unrighteousness is by far the most wicked thing. People are so unkind and not so giving. When you see the world, it makes you feel sick. The people in the world are lost. Most of the people in the world are going to hell. That is why it is so important to evangelize and wins souls for Christ.

Unrighteousness is very ugly and cruel. If you are anointed you will experience how bad the world is.

- Unrighteous is a real problem

Always make sure you give and you will always receive.

JOURNAL 2017 - DAY 27 - 14/02/2017 (IN JESUS' NAME)

Today has been a hard day I have a mentor who has supported me through my journey. Today was my last session this was very painful. My mentor, Paul Dorrington told me a few lessons I should always remember.

- Pay it forward - help other people and share with them the gift.
- Grow mindset - see problems as challenges and always find a solution.
- Knowledge - keep learning new things about life and learn things about my mental health conditions.
- Enjoy Life - do the things you enjoy.
- Leaders make leaders - be a leader.

Today has been one of the hardest days for me. This is someone who help me on my journey to help other people. This is someone who has inspired me to become the things I dream about.

I owe everything to my mentors Paul Dorrington and Karen Meechan.

They have been the most important person in my life. Even to evangelist and help the lost people.

If it was not for my mentor, I would not be helping other people. Even part of my faith I owe to Paul Dorrington and Karen Meechan.

I may not even be writing this journal if it was not for Paul Dorrington and Karen Meechan.

He is more important than my own family. Why? Because he shows me the path of helping other people.

Today is hard and I need time to deal with this. Everything I have today is because of Paul Dorrington and Karen Meechan. I need to express this with a passion. When I met Paul Dorrington, I was at rock bottom. I had nothing. When I mean nothing, I had nothing. I lost my home in 2014—this experience changes my life. I was hospitalized and I had a mental breakdown. This was the darkest period in my life. I was completely lost in my feelings and emotions. I was what people say at rock bottom. I was a reject of what people will say in society. I still remember today what I did. I chose my life. That choice was no matter what it took, I got to get out of this situation.

I was homeless with mental health problems. I was in the hospital with people looking down at me like you're a depressive, low person. I was at the point where I wanted to commit suicide. I was completely lost in my life. I had no meaning, no value, no purpose, no passion. I started to look for work when I was in the hospital and then I met Paul Dorrington.

Paul Dorrington came into my life and then my life changed. I was down and depressed with no hope. Paul Dorrington started to talk with me about life. He started to talk about what are the things you want in your life. Paul Dorrington came into my life and then I changed. My desires changed, my passion changed, and my dreams changed.

Through Paul Dorrington's support, I was able to go on the path of helping other people with mental health problems. This is when my life changed for the better. I made another choice once I met Paul Dorrington which was to help other people full-time.

If it was not for Paul Dorrington and Karen Meechan, I would not be an evangelist. I would not be doing God's will. I would not have fulfilled my purpose. It is all because of Paul Dorrington and Karen Meechan.

These two are everything to me and more. I thank God for being them in my life and I respect them so much. I realise now that I am by myself and I need to look after myself.

The reason why I am writing this journal is because of Paul Dorrington, Karen Meechan, Jesus Christ, and God.

Writing helps me to heal. I can express myself through writing in my journal.

The Samaritans have helped me and Paul Dorrington, and Karen Meechan has helped me.

Now I am able to teach everything I know through my writing. I want people to know what I know and I want to share it with others.

Helping other people is the main thing in my life now.

All I want to do in my life is help other people.

Without my writing, I would not see my progress in life. I would not know what lessons I have learned. My writing is everything. My writing helps me to find my life purpose.

My purpose:

- Helping other people
- Working in the mental health industry helping other people
- Evangelism and winning souls for Jesus Christ and God

That is my purpose that is what I do today.

I want to show some of the things I do.

- I work as a support worker helping people with mental health problems.
- I give money to homeless people and try to help others who have been homeless.

- I evangelize to people on the streets and try to win souls for Jesus Christ and God.

In my life, I would say I am successful. A lot of people think success is how much money you have or how bigger your house is or how many cars you own. No.

Success is living your life's purpose.

That is what success is and I am living my life's purpose.

I was studying computer programming but now I changed my life to helping other people.

Paul Dorrington and Karen Meechan helped me to find my hidden potential.

Now I am living my dreams.

Now I am living my purpose.

My main focus is helping other people.

JOURNAL 2017 - DAY 28 - 17/02/2017 (IN JESUS'
NAME)

Today has been a hard day for me. I was outside in public and my mind started to think about other people.

John 7.24

Don Not Judge by appearances but judge with right judgement

You will be concerned about other people and the way we live our life. We all have a purpose and only Jesus Christ and God can give that to you. Helping other people realise everything.

Find your calling in life and go for it. Make a difference to as many people as you can. Some will hate you and some will judge you. But remember yours with Jesus Christ and God, that's all that matters.

JOURNAL 2017 – DAY 29 – 21/02/2017 (IN JESUS’
NAME)

Today was one of the best days of my life. I had an interview for a job with the NHS. Ever since I have been helping other people I have been wanting to work for the NHS. In this interview, I had to share my recovery story with the interview panel. This was very hard for me as I find it hard to talk about my feelings and emotions.

Hebrews 10:35

Therefore do not throw away your confidence which has a great reward

The interview went very well. After a few hours later I got the phone call to say I have the job. This was by far the best moment of my life. Paul Dorrington called me and I told him the good news. He was so happy for me as he has been with me through my journey. I was so happy because I have always wanted to work for NHS ever since I began to help other people.

A dream come true; I was the hairdresser at the time. I was so happy that one of my dreams had been fulfilled. I was working so hard in many different jobs. I had to experience so many types of things. But for the first time that pain, sacrifice, hurt, suffering, feelings, emotions trauma has been a good thing.

Today has been one of the best days ever in my life.

All of my personal success and joy have come from having my mentors Paul Dorrington and Karen Meechan.

When these two people came into my life, they change me. Today was so important because it was not just a normal job. No.

This was a dream job something I have been thinking about for years. If it was not for my mentors Paul Dorrington and Karen Meechan, I would not be helping other people today.

I am so blessed that I had two people that helped me in my journey. Paul Dorrington and Karen Meechan are by far the most important people in my life.

I need to say a special thank you to both of them for helping me the way they did. Today, I have crossed a milestone and become a living dream.

Living your dreams and desires is everything. Always follow your heart and go for your dreams. Never give up on your dreams.

JOURNAL 2017 - DAY 30 - 24/02/2017 (IN JESUS' NAME)

Today has been one of the harder days. I was at home and I was thinking about my mentors Paul Dorrington and Karen Meechan. I started to realise something you need to be creative.

Colossians 3.23

Whatever you do work heartily as for the lord and not for men

Being creative is part of the anointing. You will think of new ideas and thoughts. Things you were not thinking before starting to come at you. Today I have made a big decision to start sharing my journal with the world. I am writing up my journal on a word document and everything I know I am going to put on Facebook and Youtube. The writing that I have been doing for years is all going back to the universe. This is part of my purpose to share what I know.

It has taken 28 years to realise I need to do this. Creativity is very important and always think of new ideas. I was talking with the Samaritans and my heart started to race. I have had these feelings before I think you can call it your intuition. I get these feelings every time I am in the right place or doing the right thing. I normally feel it. I think it is God trying to talk with me. Your intuition is your guide to truth. You have to be very anointed to go with what you feel and do it. Always follow your instinct. The main thing is to follow your heart. I realise when I am open and honest that when things begin to get better, I want to share something with you. I have had mental health for 13 years since I was 15 years old.

My writing is about being anointed but it has been also a personal recovery for me. Mental health has been for me since this whole journey began. My mental health is the reason why I am writing my journal. To express my feelings and emotions at the time.

That is why I am starting to share my journey with others. This is part of my life and all these moments have importance. If I didn't have mental health then I could not share the most important part of my life.

My Writing

My writing means everything to me because I have all my current experiences and problems in my writing. My writing has given me a purpose to keep sharing my knowledge and wisdom with the world. Being anointed is everything in life.

If you are not anointed you are lifeless. You need to become spiritual.

Being spiritual in your walk with Jesus Christ. The spiritual side to what I am saying is been anointed. Without the anointing, your life will have no meaning, no purpose, no impact, no success, no happiness, no fulfilment, no gifts, no dreams, and no desires.

The anointing is the Holy Spirit. Without the Holy Spirit, you will always have problems. For any Christian reading this part of the journal.

You must seek the anointing.

The anointing will forever change your life. I will say this again because it is very important. If you are not helping other people, you are not really with Jesus Christ and God. You see today many so-called Christians are not helping other people. This is why the church is having problems because people don't want to help other people.

Why would a person like me who has no education go on and help other people and do the evangelism on the streets? If it was not for the anointing then I would not be doing that. How can a person who had mental health problems all his life goes on to help people with mental health conditions?

This is the anointing.

The anointing is what makes the difference between success and failure.

JOURNAL 2017 – DAY 31 – 06/03/2017 (IN JESUS’
NAME)

Today has been a hard day. I had to talk with a Samaritan and I learn something.

Philippians 2:4

Let each of you look not only to his own interest but also to the interest of others

Everything I do today is about helping other people and I mean everything. All of my dreams and desires are for helping other people. Everything about me is about helping other people.

My mentors Paul Dorrington and Karen Meechan are so important to me because they saw me differently. Meeting them has changed my life.

I should be doing a degree in Business Information Technology but I give up my education to help other people.

I learn today to give yourself to your work. I have given myself to helping other people with mental health problems.

I had mental health for more than 13 years and now today I am helping other people with mental health problems.

Everything I do is for others. Even in my writing, I feel it for others.

That is why I started to share my journey on YouTube and Facebook.

Nothing and I mean nothing is more important than helping other people. It means so much to me to be

helping other people. I have so much joy and happiness, but the journey has not been easy. My life is hard and things are hard. But you find joy in helping other people.

My purpose in life:

- Helping other people with mental health
- Helping other people who are homeless
- Helping other people with disability

I want to give my life to it.

I want to devote my whole life to helping other people with my work. One thing about me I do not do what I do for money. I am a giver, I am a helpful, caring, kind, compassionate person.

Why would I spend some of my time evangelizing and trying to win souls for Jesus Christ and God? Why? Because we are meant to. Care for each other, love for each other.

Everything I do today comes from love. Love is my secret.

I love Jesus Christ, I love God, and I love helping other people.

These are the thing I love. I don't live - money, material things, homes, cars.

Why? Because I have lost it all in my life. The spirit is the Holy Spirit that makes me write like this. When you love living your life changes. A sense of care and compassion comes to you.

You realise people need help. My writing is everything to me. Through writing, I have learned as I have gone. This journal is about life, problems, experiences, and challenges.

The journal is about my personal recovery and about making a difference in people's lives. It has only been three years since I lost my home. By far one of the

hardest things to go through. My writing has gone from just thinking about myself to wanting to help other people.

I realise something important. Happiness comes when you give to others. I try my best to give all my time. I will be honest, I need to take breaks. Why? You cannot give everything. True, you cannot give everything. But the truth is – my secret for me is giving.

That is what makes me different from other people. I feel happy when I share my story. When I give money to the homeless. When I am helping the poor. When I am helping people with mental health problems.

The thing is why do I give myself.

Romans 3.23

For all have sinned and fall short of the glory of God

I give myself because Jesus Christ gave himself for me. That is the truth. Jesus died on the cross to save me. I was a sinner doing evil things. I use to watch things and behaviour in the wrong ways. But not anymore because of Jesus Christ. I owe my life to Jesus Christ. Through having faith I have seen miracles. I have tasted dreams. I have a purpose, passion, meaning, and value. Through the name of Jesus Christ and no other name.

I will be honest; I am so happy. Yes, I am happy.

My life has been hard. I have seen some things that have hurt me. But one thing I am sure of:

- The Anointing

The anointing is the Holy Spirit. I cannot write everything I have been through in my journal.

Why? Because my journal is about the present and not the past.

The spirit is what has guided me through my life. My writing is to express what I know and to keep track of things I experience. The main thing is the anointing. To be honest, I was not always a spiritual person. I never really believe in God. Yes.

But the one thing that stays with me is the spirit. For me, my spirit helps me when I am doing wrong or something not right. You can call this your feelings.

I have never shared this in my writing yet but my worldview is very simple. You are going to live your life doing the right thing. People may ask what the right thing is.

- Helping other people
- Volunteering
- Giving back
- Making a difference

Or are you going to spend your life doing the wrong things:

- My jobs
- My cars
- My home
- My selfish desires

My career, my ambition everything is about you.

I want to say things because it is very important. Nobody cares about how big your house is, what nice cars you drive, and how much money you earn.

What does it matter? Honestly, who cares. But you see people want all the nice things in life.

Psalm 23 – 28

The lord is my shepherd, I shall not want

Can I be honest in my writing? I want to be very honest. One thing about me and you can say my secret is.

Deep down I don't want anything. Yes. I know that may sound weird. I am so happy and have so much joy. This is a priceless feeling I can't actually describe it.

My focus is now on how can I improve life. Yes.

My focus is now on what difference can I make. Yes.

My focus is on how many people I help. Yes.

The Holy Spirit will tell you everything. Once you have this you would not want anything.

Believe me, you would not.

I think when you are anointed with the Holy Spirit you should become a writer. Why would I say that?

Reading and writing are very important. I'll be honest, I am not the best reader and I am not the best writer.

But there is so much knowledge and wisdom in this journal.

I think people would be shocked. The Holy Bible has all the answers.

A lot of what I have written has come from my problems. I am not saying I don't have problems. Yes, every day there are new problems. But your not always going to be in problems.

One thing I am sure about is - change.

Change is by far the most important thing.

Why do I say that? If you do not change, you will not be a person who helps other people. A lot of people think well. The more money I have the better, The more material things I have the better, the bigger my house is the better. No.

Being with Jesus Christ is spiritual.

You are on a spiritual path to salvation.

Ephesians 2:8

For by grace, you have been saved through faith

This path is not an easy one to follow. To be honest, if you're not helping other people in some way in your life then I would look into that.

My mentors Paul Dorrington and Karen Meechan have been my heroes in my life.

My success has come from them.

Helping other people come from them. If it was not for my mentors, I would not be helping other people today. No.

My mentors have inspired me because they have been helping other people for more than 23 years.

They are my heroes – Paul Dorrington and Kareen Meechan.

They are everything to me and more. Without them, there is no me.

Paul Dorrington and Karen Meechan are the two kindest, most helpful, compassionate, and empathic people I have ever met. If I didn't meet them, I would be finished.

Karen Meechan was the person who told me to write in a journal. Since I did what she said, it has changed my life. My journal is about recovery, faith, life, and experience. problems. But the whole essence of my writing is for me.

My writing has been for me to learn and grow. Very personally but true. I want to say thank you to Paul Dorrington and Karen Meechan for believing in me, and for caring for me. Without them I am nothing.

In faith, I need to say thank you to Dag Heward Mills for his teachings and messages. My faith has grown since I listen to Dag Heward Mills's messages. That was one of the reasons why I started to evangelize and win souls for

Jesus Christ and God. I have to say thank you for your life and inspiration. I am a person who gives. I want to make a difference. I want to help other people.

When you give yourself to your work and everything changes. The best choice I ever made was to help other people. I give myself to this work.

I care about others. It is all about others.

Ok, I want to say this because it is very important – Before you can help and support any person you have to look after yourself. This is not selfish to care about yourself. It is not bad to think about yourself. No.

It is ok to think about yourself but you have to have the right motive. Yes.

To look after yourself means to care about yourself. Yes.

I care about myself. Yes.

I care when I feel down, I care when I feel unhappy, I care when I have to go through hard things. Yes.

If I didn't care about myself, I would have never begun to write this journal. No.

I had to start writing to express my problems and feelings on paper. My whole journal is mainly about my problems. True.

It is about the things I had to experience. I care about myself. I do so much which is why I write so much. It is not every day I write. No.

It is at the moments that I feel low or down when I learn something new.

To be honest, I think my journal has been one of my coping strategies. What do I mean by this? Well, I said this before in my writing I suffer from mental health. I suffer from schizophrenia, psychosis, and depression.

This journal is more about my recovery than anything else. Yes, it is about being in faith. But it is more about my recovery.

My recovery is just as important as my faith. I want to talk about my mental health. For years I was suffering from depression. I was in and out of hospital wards.

People said you got mental health so you're crazy and lost. and so, you're full of problems. This is really what happens to me.

It is because of my mental health I am even writing a journal. My mental health is part of me. Yes.

But it didn't make me who I am. No.

If I was still depressed with my feelings and emotions. If I was still low and down. If I was still broken. How could I write?

My healing has come from my writing. When I write I can be free. Write down the things on my mind.

When I read my first journal. I was in a lot of doubt. I wasn't where I am today. My clinical psychologist Karen Meechan told me to write my feelings and emotions down on paper.

That is when I started to write. Before I lost my home, I was a musician. I used to write music all the time. I use to record songs. I was very passionate about music. I still love music. But now my passions have changed. When I was a musician, it was always about me. I was in a relationship at the time. I was so focused on music that I didn't give any time to my partner.

I think this is one of the reasons why she dumped me in 2014. I was always thinking about myself. It was like music - that's it.

Nothing else matters more than the music. So, you can see, I have always been doing some type of writing.

When I feel low and believe me there is a time when I feel low.

I think - Why aren't more people helping other people. Why are people so selfish. Why are there so many problems in the world? Why are people not caring about each other?

When I have these down days I write in my journal. My writing is precious to me.

I am starting to learn we need to be kind.

Ephesians 4:32

Be kind to one another tender-hearted, forgiving one another, as God in Christ forgave you

This scripture is perfect. Wow. We should be kind and help other people. I will be honest I am not trying to judge. I want to be honest. I had said this before and I will say it again. Everything I know - I mean everything.

This is just as important. I know everything from life experiences. No book has ever shown me these things. No.

I do not think you have to go through what I have been through to know what I know.

This is the thing when are people going to wake up. If you want happiness, then help other people. If you want passion, then help other people. If you want joy, then help other people. If you want success, then help other people. If you want fulfillment, then help other people.

Every day people want these things. You see it in society. Everyone making a fool of themselves. But everything comes when you have Jesus Christ and God. A lot of people question what I am saying. I will tell you something. Not everybody has been through what I have been through. Very true.

I have shared this before in my journal but I will say this again:

- Children - Ex-partner had an abortion behind my back
- Home -- Lost my home and all of my possessions on 30/09/2014 due to a fire
- Myself - Lost myself due to mental health problems
- Money - Lost all my money in 2014
- Relationship - Lost ex-partners
- Friends - Lost friends
- Family - Lost family members

You could say this: I have lost more than what I have gained.

My suffering is major. My pain is extreme. That is why I can say what I can say. My life has not been easy. I have been through a battle with depression for nearly 13 years. I cannot say the things I have seen in mental health.

But has been hard. If it was not for Jesus Christ and God I would have been finished.

Jesus Christ saved my life and gave me the dream of helping other people.

The life I live today is what we call a passionate life.

People may ask me what is a passionate life? I will tell you.

A passionate life is about:

- Helping other people
- Giving back
- Making a difference
- Making an impact
- Changing the world
- Being a person of influence

- Being a kind, caring, compassionate, empathic person
- Showing inspiration
- Showing hope

This is the life I live today. A passionate life. It is because of the suffering that I can live this life. Because of my suffering, my pain, my problems, my hurt, and my sacrifice.

The last thing I want to share in this journal. This is a change in your lifestyle. Yes.

The lifestyle of being the best version you can be.

A lifestyle of living for your dreams and desires.

I don't think I said this before in my writing. I will say it

I am willing to give up my dreams if I can meet someone who is like me.

Why would I say that?

So, we can work together and help other people. I have said this before. I give myself to this work. But all of this joy has come because of Paul Dorrington and Karen Meechan.

I owe my life to these two people. I have come to the end of this journal. It has been a very good thing to write. I hope someone will read this one day and be inspired.

I need to thank:

- Paul Dorrington
- Karen Meechan
- Dag Heward Mills
- My family
- My friends
- Samaritans Volunteers
- Jesus Christ
- God

Without these people, I would not have the ideas to write this journal.

My hope through my writing is that if I can change my life then why cannot you change.

This journal is for everyone. I want the world to see it.

It is not just for Christian. No.

It is for non-Christians too. My writing is everything to me.

I am at the point where I don't need to write any more about the anointing.

The anointing is everything. People around the world must respect the anointing. The anointing is the Holy Spirit.

This journal has been about my recovery from mental health. Also, the journal has been about my faith.

My mental health and faith made me write this journal.

Listening to Paul Dorrington and Karen Meechan has made this journal possible.

If you don't read the whole journal, it is ok. There is only one thing you need to know: help other people.

Whether you're a person of faith or not, it doesn't matter.

As far as I see it if you help other people, you're doing the right thing. I respect people's religions and beliefs.

But for me, Christianity has been the religion. Maybe if I didn't have a nan who was a Christian, I would not have been a Christian. We all need to help other people. In my whole journal, I express this the most. helping other people.

Life is amazing when you help other people. Life is wonderful when you help other people. I said this before

giving myself to helping other people. I will be honest, there is more I would have to experience. Yes.

I wish I could share everything but I can't share everything.

The most important thing is in my journals.

It has been hard writing this but at the same time very good for me.

I feel happy that Paul Dorrington and Karen Meechan told me to write things down.

By far been one of the most important things in my life.

I have written my life story of most of the experiences I have been through.

It is called - Christopher Rose's life story - my life is like a story.

If people want to know about my life and find out more about me, please read this book.

Today's lessons are the most important lesson I give myself. That means everything to help other people.

My final thank you is to Jesus Christ and God.

Jesus Christ and God saved me to write this journal and I am grateful and make me happy.

Thank you, Lord, for what you do for me.

Thank you, Lord, for everything.

Christopher Liam Rose Books

- 1) Christopher Rose Life Story
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn
- 11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is a Part of Living
- 14) The Self Is the Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 - 2016

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